

How to control playing video games

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Problem Statement

Users while they game can get eye strain, muscle cramps, and backpain. They can also lose sleep and/or have a poor sleep schedule as well as have decreased memory capacity and may form an un-healthy obsession with the game. Our solution intends on reminding our to take a small break and/or to limit their obsessive gaming.

Who is experiencing this?

People who use video games for stress relief and light activity.

What is the problem?

Fatigue during lengthy gaming sessions.

Where is the problem occurring?

Where-ever the gaming set-up is but typically at home.

Why does this matter?

Gaming fatigue can lead to less sleep and poor body health.